

SENTARA CANCER SUPPORT GROUPS

Please note: In case of inclement weather, if the public schools and libraries are closed, support groups will not meet.

SITE	GROUP	LOCATION	DATE / TIME	CONTACT	PROGRAM OVERVIEW
Sentara CarePlex Hospital	Bereavement Support Group	2713 Magruder Blvd. Suite G. Hampton, VA 23666	2nd and 4th Wednesday of every month 5:00 - 6:00 pm	Sentara Home Care Dean Nowotny (757) 879-1918 or (757) 736-3600	Offers emotional support for anyone who has lost a loved one.
	Bereavement Support Group	3000 Coliseum Drive Hampton, VA 23666 2nd Floor, Ortho Conference Room	1st and 3rd Thursday of every month 5:00 - 6:30pm	Connie Bush, BSN, RN Community Outreach Coordinator (757) 827-2438	Open to anyone who has lost a loved one. Share your feelings, listen to the experiences of others, learn how to heal. Use the James River or Orthopedic Hospital Entrance to the Hospital, then take the Visitors Elevators.
	Beyond Boobs! Breast Cancer Support System	Members' Homes – Peninsula area	Second Thursday of the Month 6:30 pm	www.beyondboobsinc.org (757) 871-6449	Offers emotional and educational support to women diagnosed with breast cancer pre-menopause to help them during and after their treatment through meetings, on-line, phone and face-to-face contact.
	Beyond Boobs! Breast Cancer Support System	Members' Homes – Gloucester area	Contact Mary Beth Gibson or Rene Bowditch for times and location	www.beyondboobsinc.org (757) 870-7758 or (757) 561-4749	Offers emotional and educational support to women diagnosed with breast cancer pre-menopause to help them during and after their treatment through meetings, on-line, phone and face-to-face contact.
	Breast Cancer Support Group	3000 Coliseum Drive Hampton, VA 23666 Conference Rooms	3rd Tuesday of every month 7:00 - 8:30 pm	Belinda Risher, RN, MS, AOCN Breast Cancer Nurse Navigator (757) 594-1939	Offers emotional and educational support to breast cancer patients and their families. Both newly diagnosed patients and those with current diagnosis are welcome.
	Colorectal Cancer Support Group	3000 Coliseum Drive Hampton, VA 23666 Conference Rooms	3rd Wednesday of every month 1:00 - 2:00 pm	Nanette Sandberg, RN, MSN Colorectal Program Coordinator (757) 736-1234	Offers emotional and educational support to patients diagnosed with colorectal cancer.
	Look Good Feel Better	3000 Coliseum Drive Hampton, VA 23666 Conference Room A	2nd Monday of every month 2:00 - 4:00 pm	Connie Bush, BSN, RN Community Outreach Coordinator (757) 827-2438	Learn how to apply makeup, style hair, and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearance changes that may occur. Each participant receives a complimentary makeup kit valued at \$200.
	Lung/Respiratory Cancer Support Group	3000 Coliseum Drive Hampton, VA 23666 Conference Center	Monthly 1:00 - 2:00 pm	Connie Bush, BSN, RN Community Outreach Coordinator (757) 827-2438	Offers emotional and educational support to lung cancer patients and their families.
	Man-to-Man Cancer Support Group	Contact ACS for Gloucester meeting location	Meets Monthly	American Cancer Society (757) 591-8330	Offers emotional and educational support to men diagnosed with all types of cancer.
	Man-to-Man Prostate Cancer Support Group	3000 Coliseum Drive Hampton, VA 23666 Conference Room B	2nd Tuesday of every month 7:00 - 8:30 pm	Connie Bush, BSN, RN Community Outreach Coordinator (757) 827-2438	Offers emotional and educational support to patients diagnosed with prostate cancer.
	The Da Vinci Fraternity	Contact Fred or Mike for location	Meets Monthly	Fred (757) 851-2153 Mike (757) 788-8264	Offers support for men who have had or deciding to have the da Vinci surgery procedure for prostate cancer.
Young Adult Cancer Survivor Group	Alternates between Yorktown and Norfolk	Monthly 7:00 pm	Debra Abney 1-800-766-0797	Open discussion and planned program topics geared specifically to young adult survivors of all types of cancer.	
Sentara Leigh Hospital	Breast Cancer Support Group	Sentara Leigh Breast Center Conference Room 880 Kempsville Road Norfolk, VA 23502	4th Wednesday of every month, 7:00 pm-9:00 pm	Renee Heyman (757) 853-2145	Offers emotional and educational support to breast cancer patients and their families. Newly diagnosed patients and survivors are welcome.
	Esophageal Cancer Support Group	Sentara Leigh Breast Center Conference Room 880 Kempsville Road Norfolk, VA 23502	2nd Tuesday of every month 7:00-8:00 pm	Sharon Winchell, RN, OCN Cancer Patient Navigator (757) 261-5405 Teleconference: (757) 962-3772	Open to esophageal cancer survivors, their families, and friends to meet their unique needs. The goal is to assist patients in dealing with the diagnosis, treatment, and nutritional aspects of esophageal cancer. This group will provide physical and emotional support through peer participation and educational resources.
	Look Good Feel Better	Sentara Leigh Breast Center Conference Room 880 Kempsville Road Norfolk, VA 23502	2nd Monday of every month 6:00-8:00 pm	Laurie A. Jesz RN, BSN, CBCN Breast Patient Nurse Navigator (757) 261-5404	Learn how to apply makeup, style hair, and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearance changes that may occur. Each participant receives a complimentary makeup kit valued at \$200.
	Pink, POWERFUL, & Perky	Sentara Leigh Breast Center Conference Room 880 Kempsville Road Norfolk, VA 23502	2nd Thursday of every month 7:00 pm-9:00 pm	Laurie A. Jesz RN, BSN, CBCN Breast Patient Nurse Navigator (757) 261-5404	Open to young breast cancer survivors under the age of 50. The goal is to provide support for their unique needs with families, careers, education, body image, intimacy, sexuality, and breast cancer treatment.
Sentara Norfolk General Hospital	Breast Cancer Support Group	600 Gresham Drive Norfolk, VA 23507 2nd Floor, Breast Center, River Pavilion	2nd Tuesday of every month 7:00 pm	Angela Duke (757) 388-4268 Cancer Resource Center	Offers emotional and educational support to breast cancer patients and their families. Both newly diagnosed patients and those with current diagnosis are welcome.
	Look Good Feel Better	600 Gresham Drive Norfolk, VA 23507 2nd Floor, Breast Center, River Pavilion	3rd Monday of every other month 7:00 pm	Angela Duke (757) 388-4268 Cancer Resource Center	Learn how to apply makeup, style hair, and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearance changes that may occur. Each participant receives a complimentary \$200 makeup kit.
	Oral Head & Neck Cancer Support Group	Hofheimer Hall EVMS	3rd Monday of every month 7:00 pm	Cynthia Gilliam beachdolphin@aol.com (757) 652-6653	Offers emotional and educational support to patients and their families diagnosed with head and neck or oral cancers.
	Us Too Prostate Cancer Support Group	600 Gresham Drive Norfolk General Heart Hospital 1st Floor Conference Room 1	3rd Tuesday of every month 7:00 pm	Angela Duke (757) 388-4268	Prostate cancer support group that is dedicated to providing timely information regarding prostate cancer. Provides a forum for sharing, caring and learning.
Sentara Obici Hospital	Breast Cancer Support Group	2800 Godwin Blvd. Suffolk, VA 23434 Garden Level	4th Tuesday of every month 6:00 pm	Edie Fidler (757) 934-4791 Cancer Services	Offers emotional and educational support to breast cancer patients and their families. Both newly diagnosed patients and those with current diagnosis are welcome.
	Cancer Support Group	2800 Godwin Blvd. Suffolk, VA 23434 Garden Level	4th Monday of every month 5:30 - 7:00 pm	Edie Fidler (757) 934-4791 Cancer Services	Offers emotional and educational support to cancer patients and their families. All types of cancers are included.
	Care Giver Support Group General Cancer	2800 Godwin Blvd. Suffolk, VA 23434 Garden Level - Skills Lab	1st Tuesday of every month 7:00pm - 8:30 pm	POC: 934-4627 Medical Social Work Office	Offers emotional and educational support to cancer patients and their families.
	Look Good Feel Better	2800 Godwin Blvd. Suffolk, VA 23434 Garden Level	2nd Monday of every month 10:00 am Feb/April/June/etc 6:00 pm Jan/Mar/May/etc	Edie Fidler (757) 934-4791 Cancer Services	Learn how to apply makeup, style hair, and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearance changes that may occur. Each participant receives a complimentary makeup kit valued at \$200.
	Man to Man Prostate Cancer Information Group	2800 Godwin Blvd. Suffolk, VA 23434 Garden Level	4th Tuesday of every month at 6:00 - 8:00 pm	Edie Fidler (757) 934-4791 Cancer Services	Offers educational and emotional support to prostate cancer patients and their families.

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Sentara Virginia Beach General Hospital	Bereavement Support Group	Woodlawn Funeral Home 6329 Virginia Beach Blvd. Norfolk, VA 23502	1st and 3rd Wednesday of every month 11:30 - 1:00 pm	Roger Gauthier (757) 549-5652 www.sentara.com/support	Offers emotional support for anyone who has lost a loved one.
	Bereavement Support Group (Adult)	5345 Marian Lane Virginia Beach, VA Marion Manor	Most Tuesdays 7:00 - 8:30 pm Call to confirm	Roger Gauthier (757) 549-5652 www.sentara.com/support	Offers emotional support for anyone who has lost a loved one.
	Beyond Boobs! Breast Cancer Support System	Members' Homes	3rd Tuesday of every Month 6:30 pm	www.beyondboobsinc.org Charlene Cattoi (757) 714-4010	Offers emotional and educational support to women diagnosed with breast cancer pre-menopause to help them during and after their treatment through meetings, on-line, phone and face-to-face contact.
	Breast Cancer Support Group	1060 First Colonial Road Virginia Beach, VA 23454 Health Education Center	2nd Monday of every month 6:30 pm	Kerry Clay Cancer Resource Center (757) 395-6317	Offers emotional and educational support to breast cancer patients and their families. Both newly diagnosed patients and those with current diagnosis are welcome.
	General Cancer Support Group	1060 First Colonial Road Virginia Beach, VA 23454 Health Education Center	3rd Monday of every month 6:30 pm	Kerry Clay Cancer Resource Center (757) 395-6317	Offers emotional and educational support to cancer patients and their families. All types of cancers are included.
	HUGS	Community United Methodist 1072 Old Kempsville Rd.	1st and 3rd Wednesday of every month 7:00 - 8:30 pm	Melodie Roxas (757) 486-5333	Offers emotional support to women with GYN cancers.
	Look Good Feel Better	1060 First Colonial Road Virginia Beach, VA 23454 Health Education Center	3rd Monday of every month 10 am - 12 pm	Jill Matthews (757) 395-8686 Cancer Resource Center	Learn how to apply makeup, style hair, and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearance changes that may occur. Each participant receives a complimentary makeup kit valued at \$200.
	Man to Man Prostate Cancer Information Group	1060 First Colonial Road Virginia Beach, VA 23454 Health Education Center	3rd Thursday of every month	Kerry Clay Cancer Resource Center (757) 395-6317	Offers emotional and educational support to prostate cancer patients and their families.
	Mid-Atlantic Carcinoid and Neuroendocrine Tumor Association Support Group	1060 First Colonial Road Virginia Beach, VA 23454 Health Education Center	3rd Sunday of every month 2:00 - 4:00 pm	Susie Miller (757) 572-7465	Offers emotional and educational support to anyone with carcinoid cancer or other neuroendocrine diseases.
	Palliative Care Support	1060 First Colonial Road VB, VA 23454 Solarium, 1st floor Palliative Care Office	2nd and 4th Thursdays of every month	Odetta Joseph LCSW (757) 395-8144	Offers emotional and educational support to families of patients hospitalized with terminal diagnosis.
	Wings in Motion	Virginia Beach Resque Squad #8 Bayne Drive off Old Donation	Every Monday & Wednesday 10:30 am	(757) 395-8686 Cancer Resource Center	A fitness program designed for women who are dealing with or recovering from cancer.
Sentara Williamsburg Regional Medical Center	Bereavement Support	Contact Allison DeLaney for location & times	Contact Allison DeLaney for location & times	Allison DeLaney (757) 206-1177 or bereavement@williamsburghospice.org	Hospice House and Support Care of Williamsburg offers emotional support for anyone who has lost a loved one.
	Beyond Boobs! Breast Cancer Support System	Members' Homes	3rd Sunday of every month 2:00 pm	www.beyondboobsinc.org (757) 870-7758 or (757) 561-4749	Offers emotional and educational support to women diagnosed with breast cancer pre-menopause to help them during and after their treatment through meetings, on-line, phone and face-to-face contact.
	WINGS Breast Cancer Support Group	Members' Homes	1st Monday of every month 1:30 pm	Pat: (757) 258-4540 Jane: (757) 564-639 Dottie: (757) 229-6152	WINGS – Women In Numbers Growing Stronger – is a breast cancer support group for mature women.
	Look Good Feel Better	100 Sentara Circle Williamsburg, VA 23188 Yorktown Conference	2nd Monday - bi-monthly	American Cancer Society (757) 591-8330	Learn how to apply makeup, style hair, and suggestions on sources for wigs. The program teaches grooming techniques that can help patients cope with appearance changes that may occur. Each participant receives a complimentary makeup kit valued at \$200.
Virginia Oncology Association	General Cancer Support Group	3000 Coliseum Dr. Hampton, VA 23666 Hampton VOA Office	3rd Thursday of every month 1:00 – 3:00 pm	Myra Green, MSW, LCSW, OSW-C (757) 262-4635 (757) 213-5818	Offers emotional and educational support to cancer patients and their families. All types of cancers are included.
	General Cancer Support Group	5900 Lake Wright Drive Norfolk, VA 23502 Norfolk VOA Office	3rd Wednesday of every month 1:00 – 3:00 pm	Myra Green, MSW, LCSW, OSW-C (757) 262-4635 (757) 213-5818	Offers emotional and educational support to cancer patients and their families. All types of cancers are included.
On-Line	Bereavement Support Group	On-Line	24/7 days/week	www.sentara.com	Offers emotional support for anyone who has lost a loved one.
	Caregivers Support Group	On-Line	24/7 days/week	www.sentara.com	Offers emotional and educational support to cancer patients and their families.
	Sentara Facebook Breast Cancer Support Group	On-Line	24/7 days/week	Belinda Risher, RN, MS, AOCN and Pat Thornton, RN, OCN, CBCN	Participants must have a Facebook account already. Membership for the group requires approval for privacy, but the group is open to all. To find the group, do a Facebook search for "Sentara Breast Cancer Support". Once the request to join the group is approved the group will show up in the Facebook groups area.